



Rückseite  
135. mm

300. mm

Vorderseite  
140. mm

20

200g e

Serving suggestion

Organico  
**Organic Soya Mince**

Ingredients: **Soya Beans\***  
\*from organic agriculture

NUTRITION INFORMATION		
Servings per package: 4 - Serving size: 50g		
	Per serving	Typical value per 100g
Energy	745 kJ / 177 kcal	1489 kJ / 354 kcal
Fats - total	3g	6g
of which saturates	0.4g	0.8g
Carbohydrates	7.5g	15g
of which sugars	3g	6g
Protein	26g	52g
Salt	0.03g	0.05g
Sodium	10 mg	20 mg

Allergy advice: For allergens, see ingredients in **bold**.

 Packed for: Organico Realfoods, 3 City Limits, Danehill, Lower Earley, Reading, RG6 4UP, UK.  
Tel: +44 (0) 1189 238 760 [www.organico.co.uk](http://www.organico.co.uk)  
Best before: see bottom of pack.  
Store in a cool, dry place



Scan the QR code for our quick recipe video or visit [www.organico.co.uk](http://www.organico.co.uk).



200g e  
4 Servings

**How to prepare:**  
boil 250 - 300ml water.  
Once boiled, remove from heat. Add the entire contents and leave for 2 minutes to expand. Drain and allow to cool before squeezing out excess water. The soya pieces are now ready to cook as per recipe.

**Ready in 2 minutes  
Serves 4**



Organico  
**ORGANIC SOYA MINCE**  
It's Soya Good!

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